

THE LEADER

Warriors of the North



Vol. 40, No. 1

Grand Forks Air Force Base, North Dakota

Jan. 7, 2005

**Fire
reminds
base of
safety**

Page 4



**While we
were
away**

Page 5



**Wing-
101**

Page 9-12

**The Book
Special
pull-out**

319th Air Refueling Wing

Mission: The 319th Air Refueling

Wing is the finest combat air mobility wing in the world's greatest air and space force.

Vision: To be the best at everything we do!

Effectiveness Ratings



Air Refueling

Week of
Dec. 28 - Jan. 4
100 %

Air Land

Week of
Dec. 28 - Jan. 4
100 %

**Snow Line: 747-SNOW
(7669)**

Deployers 'one-stop shop'



**New deployment center opens
—See page 3 for details**

Wing garners Outstanding Unit Award again

By Col. Mark Ramsay
319th Air Refueling Wing commander

Congratulations Warriors of the North! Team Grand Forks earned the Air Force Outstanding Unit Award for August 2002 through June 2004 by virtue of great teamwork and Warrior determination to do the right thing all the time. This is the second consecutive Air Force Outstanding Unit Award recognition for team Grand Forks and is something that should be a great source of pride for us all. Let me give you a few highlights of past achievements that led to our selection.

First, we supported no less than five major military operations at home and abroad during this period from Operation NOBLE EAGLE to IRAQI FREEDOM. We flew 26 percent of all KC-135R flying hours with only 21 percent of aircraft assets, and we surpassed 32 years and 400,000 flight hours without a Class A flight mishap. In Operation IRAQI FREEDOM alone we executed over 1,300 combat sorties and refueled 8,400 coalition combat aircraft, all while achieving an amazing 99 percent plus mission effectiveness rate.

We also led two new tanker systems into harm's way at a time when our nation needed them most. Warriors of the North took the lead and introduced the multi-point refueling and roll on beyond line of sight enhancement systems in combat. The multipoint refueling system enabled Grand Forks tankers to refuel two Navy and Marine aircraft simultaneously. We literally enabled two Navy carrier battle groups operating in the Mediterranean Sea

to fly combat sorties over Iraq. In another "first" we led the charge to prove the concept of a roll on beyond line of sight communications relay system, bringing it on line 18 months ahead of schedule. This new system provides vital data link services between combat aircraft and ground control systems. Our work drew accolades from both the Secretary and Chief of Staff of the Air Force!

Not satisfied with wartime success, we watered the eyes of Numbered Air Force and Air Mobility Command inspectors during no less than six inspections in as many months. In all you achieved "excellent" or higher ratings during an Operational Readiness, Environmental Compliance and Management Program, Aircrew Standardization and Evaluation, Unit Compliance, Strategic Arms Reduction Treaty and Air Traffic Services Inspections.

I'm also very proud of the way we responded to the challenge last fall to bring the tanker into a new mission, aeromedical evacuation. We wrote the book on training for this new role, then flew over 1,200 patients through last summer. Thanks to our lead efforts and other programs I've mentioned, Warriors of the North have literally transformed our wonderful KC-135 fleet into a true multi-role air mobility aircraft.

I also want to highlight the fact that during this period we had dozens of individuals and base organizations win prestigious awards above the wing level. Team Grand Forks earned two Federal level awards including Tree City USA and the Federal Energy Management Program Energy Award. Individuals and organiza-

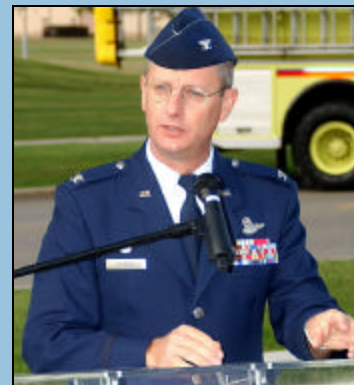
tions also won 41 Department of Defense, Air Force, Air Mobility Command and Number Air Force-level awards. Incredible!

I also want to take this opportunity to thank you for all the great work you're doing as we fight the Global War on Terror. I deployed about two months ago and get to see first hand the work that Warriors of the North are doing in Southwest Asia, and I can assure you we're making a difference. We have Airmen here deployed to all corners of Southwest Asia, and I continually get feedback from theater leadership about the great spirit and professionalism of all Warriors of the North. I'm extremely proud to command such a superb wing comprised of such incredible Airmen!

As we begin the new year I ask that you stay focused on the tasks at hand. The

GWOT is going to demand a continued high level of support by all of us. To operate at the current pace we need to remain in top mental, physical and spiritual health. We must also be the best at our chosen Air Force specialty, and do things by the book with safety first all the time. And finally, we will have to operate our base during the runway reconstruction period starting in May, which means our aircraft training and maintenance, and deployment and redeployments, will be conducted away from home station.

Make sure you take care of your family and each other...and never forget that every day is Wingman Day. I know we are up to any challenge as long as we continue to operate as a great team and take care of our Wingmen! Congratulations on once again earning the coveted Air Force Outstanding Unit Award and Happy New Year!



Col. Mark Ramsay
319th Air Refueling Wing
commander

Commander's Call Jan. 12, 7 a.m. and 3 p.m. in the three-bay hangar.

Action Line

Call 747-4522 or E-mail
commandersactionline@grandforks.af.mil

The Action Line is your avenue for information about events and activities on and around the base. For questions about current events or rumors, leave a message.

Questions will be answered in the order they are received.

9
Consecutive DWI-free days

Goal is zero DWIs.

THE LEADER

Warriors of the North



Photo by Airman 1st Class Patrice Clarke

Cover: Airman Jackie Vargas, 319th Logistics Readiness Squadron scans an A-bag at the new consolidated deployment center. The center opened Monday and merges all deployment functions into one building. See page 3 for details.

Editorial staff

Col. Scott Reese _____ Vice commander
Capt. Michael Meridith _____ Chief, public affairs
1st Lt. Ashley Gee _____ Deputy chief, public affairs
Master Sgt. Anthony Davis _____ Superintendent, public affairs
Staff Sgt. Monte Volk _____ NCOIC, internal information
Airman 1st Class Patrice Clarke _____ Editor
Airman 1st Class James Croxon _____ Staff writer

Editorial policy

The Leader is published by the Grand Forks Herald, a private firm in no way connected with the U.S. Air Force, under exclusive written contract with the 319th Air Refueling Wing. This civilian enterprise Air Force newspaper is an authorized publication for members of the U.S. military services. Contents of *The Leader* are not necessarily the official views of, or endorsed by, the U.S. Government, Department of Defense or the Department of the Air Force.

The appearance of advertising in this publication does not constitute endorsement by the DoD, the Department of the Air Force or the Grand Forks Herald of products or services advertised.

Everything advertised in this publication shall be made available for purchase, use or patronage without regard to race, color, religion, sex, national origin, age, marital status, physical handicap, political affiliation or any other non-merit

factor of the purchaser, user or patron.

→ **Deadlines** — Articles due by noon Thursday the week prior to publication. For details, call *The Leader* staff at (701) 747-5019.

→ **Contact information** — **E-mail:** leader@grandforks.af.mil, **Phone:** (701) 747-5023

→ **CCTV3** — **E-mail:** CCTV3@grandforks.af.mil, **Phone:** (701) 747-5023

→ **Public Affairs** — Editorial content is edited, prepared, and provided by the 319th Air Refueling Wing public affairs office. Copy submitted for publication is edited to conform to the Associated Press Stylebook and for length considerations.

→ **Advertisements** — Call the Grand Forks Herald at (701) 780-1275.

Consolidated deployment center brings passengers, cargo together Deployment made easy

Compiled from staff reports

More than 1.9 million people have deployed from Air Mobility Command bases since Sept. 11, 2001. Recently the base found a way to make that process easier on the people deploying and the people who help them do it.

The consolidated deployment center located in Building 523 opened in mid-December following a 1.4 million dollar renovation, and was formally recognized during a ribbon cutting ceremony by Lt. Gen. William Welser, 18th Air Force commander Monday.

The new facility is operated by the 319th Logistics Readiness Squadron and boasts new efficiencies which improves the operations during deployment.

“When I deployed as a lieutenant, they would process you through one hangar, you would get back on the bus to go to another building for another part of the process and by the end of the day you finally finished,” recalled General Welser.

The old facility was less than adequate for the high ops tempo experienced here due to the dispersed layout of functions said Maj. Ted Lewis, 319th LRS commander.

Under the old process, deploying personnel were processed in the main center at Building 526, while cargo was marshaled at the old supply warehouse, Building 408. This made command and control dif-

ficult for the deployment control center and the Personnel Readiness Unit.

It was also an inconvenience for personnel with responsibilities in more than one facility, especially in extreme weather.

The consolidated deployment center provides a one-stop shop for personnel and cargo processing. The facility houses LRS, air terminal operations, contingency plans, AMC Passenger/Terminal Operations, war readiness and supporting administrative areas.

“All functions for mobility from the logistics planners, to cargo are now located in one building, connecting the functions,” said Major Lewis.

With these accommodations personnel need only visit one location to have all of their paperwork and equipment processed before leaving.

“This facility was designed to accomplish a smoother flow,” said Col. Scott Reese, 319th Air Refueling Wing vice commander. “A smoother flow means that our people get to the theater with all the stuff they need and we can take less time out of their lives before they deploy.”

“There are people who know freedoms that they have never known in their lifetime because you (base members) deploy from this facility,” General Welser said. “It might seem like just a bunch of tunnels, desk, and computers; a place where you go to pick up things. What it really is a facility that makes it easier for all of you to deploy.”



Photo by Staff Sgt. Darcie Ibiapo

Staff Sgt. David Arnett, 319th Logistics Readiness Squadron shows Lt. Gen. William Welser the passenger part of the consolidated deployment center. The new deployment center combines cargo and passengers in the same building, making the deployment process more efficient and less stressful.

Garage fire reminds base residents of fire safety

Compiled from staff reports

Traditionally, the holiday season is a time of joy and celebration. All too often, that joy and celebration is replaced by ashes and soot due to a tragic fire.

An early-morning fire Dec. 22 in base housing here damaged a garage and several vehicles.

The fire was reported around 4:30 a.m. The base fire department quickly responded and extinguished the blaze. There were no injuries as a result of the fire, and no damage to living areas.

Several families had to be temporarily evacuated in subzero temperatures but were able to return to their homes shortly afterward. The most probable cause of the fire was a malfunctioning block

heater said the base fire department..

In light of the recent fire here, the fire prevention office offers the following information to help you have a safe winter.

Vehicle block heaters

Many are not aware of what steps to take to ensure safe use of vehicle block heaters. It's recommended that block heaters are checked by a certified service technician before use. Ensure the extension cord used to plug in the heater is appropriately rated to the heater's specifications, outdoor use and cold weather. Inspect extension cords, look for cracks or frays. If defective, replace it or get rid of it. Never tape it up or keep using. When using extension cords ensure they're not pinched in doorways, windows, placed underneath any items or run through dryer duct work. Only plug in block heaters when freezing conditions exist.

Candles

Always keep candles away from curtains and avoid areas such as windows and doorways. Never leave a candle unattended or within reach of small children. Extinguish candles by wetting

the wicks before leaving or going to bed.

Parties

Provide smokers with large, deep, non-tip ashtrays and keep an eye on anyone who is drinking and smoking. Empty ashtrays often, and wet the contents before dumping them in the trash. Before going to bed, check the cushions and furniture for smoldering cigarettes.

Child Safety

Keep matches and lighters out of the reach of children, preferably up high, and in a locked cabinet. Teach children to stay away from candles, fireplaces, stoves and space heaters.

When buying toys, ensure they are not highly flammable. Make sure all electric toys have a fire safety label from an independent testing laboratory.

Space Heaters

"What most people don't realize is that heating equipment is the biggest fire culprit during the winter time frame, and the third leading cause of fire deaths in American homes" according to the National Fire Protection Association's Meri-K Appy. "But the

heating equipment itself is not our chief concern; rather, human error is involved in nearly all home heating fires in the United States. Fires that are preventable"

Before using any space heater, ask if it is really necessary? Only use a heater that has the label of a reputable testing laboratory.

Always make sure that the space heater is only used when responsible adults are present and no combustibles are within three feet. Check heaters for a "tip-switch" that will shut off the power if the heater should be knocked over or fall.

Home Safety

Please report all fires, no matter how insignificant they may seem. There might be additional issues related to the fire that need to be resolved. Check smoke detectors monthly and ensure they are located on every level of your home as well as outside sleeping areas. Develop family escape plans and practice them. Home fire prevention is every family member's duty.

If you have further questions, please feel free to contact your fire prevention office at 747-4174.



Photo by Airman 1st Class Patrice Clarke

Several vehicles and a garage were damaged in the early-morning fire.

While we were gone



Col. Scott Reese, 319th Air Refueling Wing vice commander presents a flag flown at a deployed location to Ryan Suter, of Team United States. Scott Sandelin, Team USA head coach and Chief Master Sgt. Danny Holwerda, 319 ARW command chief looked on during the World Junior Hockey Tournament Booster Lunch.

Photo by Airman 1st Class Patrice Clarke



Photo by Airman 1st Class Melanie Sitarz

A base youth uses his pet as a sled-dog Monday. The base was hit with more than 18 inches of snow during the holidays.



Photo by Airman 1st Class Patrice Clarke

Tech Sgt. Steve Miller accepts a \$50 AAFES gift certificate from Patricia Fields, Base Exchange store manager. Sergeant Miller won the base holiday house lighting contest for his house and yard holiday decorations judged by the Airmen’s Activity Council last December.

News Briefs

AMC lauds base

Base members and an agency won several Air Mobility Command level awards.

Airman 1st Class Anthony Parker, 319th Mission Support Squadron, won Outstanding Personnel Specialist of the year.

Master Sgt. Barbara Zavala, 319th Mission Support Squadron, won Senior Family Support Individual Award.

The **Military Equal Opportunity and Treatment Office** here was named best in their category.

ALS Graduates 24

Congratulations to the recent graduates of Airman Leadership School class 05-B.

Senior Airman Antonio M. Alston, 319th Civil Engineer Squadron

Senior Airman Louis G. Cascanett Jr., 319th Communications Squadron

Senior Airman Britt Jones, 319th Maintenance Squadron

Senior Airman Michael L. Kildow, 319th Logistics Readiness Squadron

Senior Airman Kyle E.

Knickerbocker, 319th Aircraft Maintenance Squadron

Senior Airman Shane A. Larson, 319th Security Forces Squadron

Senior Airman William A. McCauley Jr., *Distinguished Graduate, Academic Award winner*, 319th AMXS

Senior Airman Jessica E.

McCormick, 911th Air Refueling Squadron

Senior Airman Neil V. Palmer, 319th Services Squadron

Senior Airman Dina M. Poley, 319th Aeromedical Dental Squadron

Senior Airman Steven M. Ratz, 319th AMXS

Senior Airman Ryan K. Williams, *Leadership Award winner*, 319th CES

Senior Airman Jon P. Falch, 319th CS

Senior Airman Troy A. Farley, 319th Services Squadron

Senior Airman Andrew P. Gotto, 319th LRS

Senior Airman Charles R. Hadley, 319th Maintenance Squadron

Senior Airman Garrick N. Hasty, *John Levitow Award winner*, 319th AMXS

Senior Airman Joseph J. Helguero, 319th SFS

Senior Airman Kimerly A. Karlen, 319th AMXS

Senior Airman Matthew J. Liston, 319th CES

Senior Airman Robert D. Pierce, 319th MXS

Senior Airman Jeffrey P. Roddy, 319th AMXS

Senior Airman Craig A. Schuh, 319th SFS

Senior Airman Carrie R. Stewart, 319th LRS

STEPin’ Up

Three Airmen here got an early holiday present when they were promoted without testing through the Stripes for Exceptional Performers program.

Regis Nolan was promoted to Master Sergeant and Edward Falls and Shannon Haney were promoted to technical sergeant.

15 Airmen receive BTZ

15 Airmen made senior airman below the zone.

Phillip Backes, 319th Aircraft Maintenance Squadron

Bradley Ball, 319th Civil Engineer Squadron

Michael Benson, 10th Space Warning Squadron

Ryan Bruggerman, 319th Security Forces Squadron

Jennifer Gillis, 319th AMXS

Kyle Harbison, 319th Maintenance Squadron

Keegan Hawley, 319th Communication Squadron

William Kelly, 319th SFS

Justin Lange, 319th AMXS

Travis Luchka, 319th Communication Squadron

Kathryn Martin, 319th Aeromedical Dental Squadron

Paul McDaniel, 319th AMXS

Charles Miller, 319th AMXS

Kyle Snyder, 10 SWS

Eric Williams, 319th MXS

NCO Academy Distinguished Graduates

Tech. Sgt. Mark A. Bollig, 319th Maintenance Operations Squadron.

Tech Sgt. Marlon Taylor, 319th Communications Squadron.

SOS Top Grad

Capt. Colleen Ewasko graduated in the top one third percent of her Squadron Officers School class.

The 319th Air Refueling Wing proudly celebrates the life of Dr. Martin Luther King, Jr.

Wednesday at 6 p.m. at the Northern Lights Club
~ Semi-formal Attire ~
\$11 for club members
\$13 for non-club members
RSVP no later than Monday at 11 a.m.
For details call Capt. Naomi Porterfield 747-3606.

Base chapel

CATHOLIC:

Sunday Mass: 9 a.m. Sunflower Chapel.
Weekday Mass: 11:30 a.m., Monday, Wednesday and Thursday, Sunflower Chapel
Reconciliation: 8:30 to 8:45 a.m. Sunday, Sunflower Chapel, or by appointment by calling 747-5673.
Catholic Scripture Study: 7 p.m. Wednesday, Sunflower Chapel basement.
Confraternity of Christian Doctrine, Adult Education, Rite of Christian Initiation of Adults and Sacramental Programs: Classes start at 11 a.m. Sunday at Twining Elementary School.
For details on educational programs, call Jane Hutzol at 747-3073.

PROTESTANT:

Traditional Worship: 11 a.m. Sunday, Sunflower Chapel.
Contemporary Worship: 6 p.m. Sunday, Prairie Rose Chapel.

Men of the Chapel Bible Study: noon Monday, Prairie Rose Chapel conference room.
Young Adults: 6 p.m., Friday, Chaplain Swain’s home, call 747-4359 for details.
Women's Bible Study: 7 p.m., Monday, Prairie Rose conference room.
Protestant Youth of the Chapel: Starts at 6:30 p.m. Wednesday, youth center.
Protestant Sunday School: 9:30 a.m. Sunday, Eielson Elementary School.



JEWISH:

Call B’nai Israel Synagogue at 775-5124.

MUSLIM, BUDDHIST, ORTHODOX, OTHER:

For details call 747-5673.

Base theater

Today, 7 p.m.

Alexander (R)
Oliver Stone's epic follows the life of Alexander the Great (Colin Farrell), who conquered most of the known world by the time he was 25. With a Greek and Macedonian army, Alexander tore through 22,000 miles of territory in just eight years, building the world's largest empire.

Saturday, 3 p.m.

The Incredibles (PG)
Bob Parr (Craig T. Nelson) was known to all as Mr. Incredible, but now the erstwhile superhero has retired to a quiet life in the suburbs and a job as an insurance salesman. But after a mysterious communication summons him to a remote island, he springs back into action, along with his superpower-endowed family. **(This showing \$1 tickets)**

Saturday, 7 p.m.

Woman Thou Art Loosed (R)
After suffering a lifetime of abuse and drug addiction, a woman finds herself in prison, where she's visited by Bishop Jakes, a man who wishes to help her find redemption.



Sunday, 3 p.m.
Free premier showing of a family movie. First come first serve

Jan. 14, 7 p.m.
Oceans Twelve (PG-13)

Jan. 15, 7 p.m.
Blade Trinity (R)

Jan. 21, 7 p.m.
Flight of the Phoenix

Tickets: \$1.75 children, \$3.50 adults.
For details call 747-3021/6123

Community/Local Area

Today

ARTS AND CRAFTS CLASSES

Get 25 percent off Aida fabric by the inch, now until Saturday. Beginning Monday all books will be 25-percent-off, sale ends Jan. 15. All prepaid framing order fees will be 20-percent-off January 17-22 (order to be placed and paid for during the week). Tuesday and Jan. 18 is a beginning crochet class from 10 a.m. to 2 p.m., Wednesday and Jan. 19 is a “snowman runner” class from 10 a.m. to 2 p.m. Both classes are \$10 plus supplies. There will be a “frame” class Jan. 15 from 10 a.m. to 5 p.m. Cost is \$20 plus supplies.

SKI EXPRESS

Call Outdoor Recreation now to reserve your spot for a ski adventures Saturday at Beuna Vista Ski Resort in Bemidji, Minn. or Jan. 15 at Frost Fire Ski Resort in Walhalla, N.D. For details call, 747-3688.

MEMBERS MAYHEM

Come out for this all-ranks social hour starting at 5 p.m. at the club ballroom. This event is for members only.

Saturday

CUP STACKING CONTEST

Have an uncontrollable urge to stack cups? Competitive “cup stacking” for ages 9 to 12 is at 7 p.m. and at 9 p.m. for ages 13 to 18 at the Youth Center Saturday. Cost is free for members and \$1 for non-members.

Sunday

SUPER SUNDAY BRUNCH

Now every Sunday enjoy the Northern Lights Club Sunday Brunch from 10:30 a.m. to 1:30 p.m. Cost is \$11.25 for adults, \$7.25 for children 5 to 12 and children four and under free.

NINE-BALL TOURNAMENT

The community activity center and the Warrior Airmen Recreation Center will hold a nine-ball tournament Sunday, starting at 5 p.m.. The cost is \$6.50. The tournament is open to all active duty, dependants and civilian base employees. So bring your game face and your pool stick to the 9-ball pool tournament. Prizes will be given to the winners of the tournament.

Sign up at the Community Activity Center and the WAR center.

Monday

FINE ARTS EXHIBIT

View artwork created from local youth at the National Fine Arts Exhibit 2005, sponsored by the Boys and Girls club of America Monday, from 5 to 8 p.m. at the youth center. There will be displays of artwork ranging from watercolor to sculpture from youth ages 9 to 18. For details call the youth center at 747-3150.

Wednesday

FLOOR HOCKEY MEETING

There will be a floor hockey parents meeting 6 p.m. at the youth center.

Thursday

YOUTH POOL TOURNAMENT

A preteen singles pool tournament for ages 9 to 12 will be held at 5:30 pm. Cost is free for members and \$1 for non-members. For details call the youth center at 747-3150

Upcoming

INDOOR GARAGE SALE

Sell your things in the comfort of the community center Jan. 15, from 9 a.m. to 3 p.m.

Sell your personal items, as long as these items are not regulated by the state, or are in-home business products. Cost is \$10 per table. Call the Community Activity Center for details, 747-6104.

BOOK CLUB MEETING

The next book club meeting will be Jan. 22 at 10 a.m. at the base library. The next book to be discussed is “Daughter of Fortune” by Isabel Allende.

There is no cost. All adults are encouraged to participate. Call the base library at 747-3046

BOXES FOR SALE

Moving? Outdoor recreation has a variety of boxes for sale. Current sizes and prices are: small, \$1.30, medium, \$2.00, large, \$2.40, dish pack, \$7.50, wardrobe, \$8.80, hanger bar for wardrobe box, \$1.40.

Call outdoor recreation at 747-3688 for details.

Local area events

The holidays are over and New Year's resolutions are still fresh. If getting outside and being active is one of those resolutions, there are a number of fun events across the state to help you stay on target.

Winter Days

West Fargo (Jan. 14 to 22)

Many family events, such as sleigh rides, a color contest, dance, chili cook-off, snow golf and a pageant are held in Elmwood Park and the Veterans’ Memorial Arena. A grand finale event begins at 6 p.m. on Jan. 22 with food, entertainment and a fireworks display. For more information call 701-282-6530; or online at www.wfparks.org.

Arctic Blast

Harvey (Jan. 28 to 29)

Join in some winter fun by playing in the snow. Try your hands at building a snow sculpture or by entering the chili cook-off or home-made ice cream contest.

Other events include a volleyball tournament, basketball tournament, fire works and a fireman's luau. For more information call 701-324-2604; or online at www.harveynd.com.

Fishing Tournament

Devils Lake (Jan. 29)

The 21st annual event sponsored by the Devils Lake Volunteer Fire Department, takes place on the ice from 1 to 3:30 p.m. Registration is Jan. 27-28 at the Memorial Building and the cost is \$25.

This is a nonprofit contest. Proceeds are used for the Devils Lake

City Volunteer Fire Department and charitable needs in the greater Devils Lake area. For more information call 701-662-3913; or online at www.dlvfdicefishingtourney.com.

Frosty Bobber Winter Carnival

East Grand Forks, Grand Forks (Jan. 29)

This annual event features a fishing tournament, cardboard sled races, cross country skiing, 5-K run and concessions. For more information call 218-773-9565.

These events and activities are an opportunity to have an adventure without venturing far from home. Go to www.ndtourism.com or call 800-435-5663 or 701-328-2525 for more information on other events throughout the state.

Warriors stun Pioneers 96-88

Victory bitter sweet as Warriors lose Williams for season with wrist injury

By Staff Sgt. Monte Volk
Public affairs

The base Warriors men's basketball team didn't hand out gifts at the Pepsi Holiday Basketball Classic in Brainerd Minn., Dec. 18. Instead, they stunned Northland Community College Pioneers 96-88.

This is the first victory over a junior college team for the Warriors.

"This was a good win," said coach Margie Wireman, "especially coming off a 103-79 loss the night before to Central Lakes College. We made some adjustments following the loss which paid off."

Eric Williams lead the Warriors attack by dropping 23 points, captains Matt Wireman and Soultz Dukes combined for 29 points. Adonis Ball chipped in 12 points and Tim Rott added 11 points.

Although the play of guard Eric Williams was pivotal and he applied constant pressure on both ends of the

court, coach D.J. Lemelle said "our defensive stopper was 6'1" Brandon Franklin."

Franklin drew the task of guarding forward Mike Howard, the Pioneer's top gun and also the Conference's player of the week, the week prior to the game.

Howard started off hot, connecting on his first three three-pointers within the first 5 minutes of the game.

The Warriors quickly called time-out and went for broke.

"The only way we had a shot to stay on the court with this team was to slow Howard down," said coach Lemelle. "We felt that Howard is the best college player we have faced thus far, so shutting him down wasn't going to happen."

The 6-foot, 5-inch, Howard had the height advantage over the Warriors, but Franklin forced Howard to play a low post game instead of allowing him to play his normal perimeter game.

Surprisingly, the strategy worked as Howard was held to 21 points, 14 points

less than the previous night.

"Franklin played aggressive and did the little things on defense for us to shut the rest of the team down," said coach Lemelle. "That was the difference. We fed off of Franklin's effort and played aggressive team defensive."

The Warriors were dealt a blow as Williams was lost for the season with a wrist injury. He is scheduled for surgery later this month.

"This young man can not be replaced," said coach Lemelle. "Since he rejoined the team, we have won four of our last five games. Eric plays with positive energy and he makes things happen. He put his heart and soul in helping us become a successful program. Our thoughts and prayers are with him and we hope he makes a rapid and complete recovery from his surgery."

The Warriors moved to 9-9 on the season and hit the road this weekend to play in Glendive, MT against Dawson Community College and then travel to Thief River Fall, MN to play Rainy River Community College. The next home game for the Warriors is Jan. 19 at 7:30 p.m. against Jamestown College junior varsity.

Intramural standings

Bowling

COMM "B"	78-42
911th ARS	78-42
LRS "A"	75-45
MSS	73-47
MXS	72-48
AMXS	68-52
COMM "A"	66-54
LRS "C"	64-56
LRS "B"	62-58
905th ARS	60-60
CES	58-62
SVS	56-64
MED GROUP	54-66
CPTS	48-72
SFS	44-76

Current as of Wednesday

Basketball

Intramural Post Season

Intramural basketball championship game will be Wednesday at 6:30 p.m. in the main gym of the fitness center. Immediately following the game there will be a 3-point and slam dunk contest. Sign up or call the fitness center for details.

Old Pro

MOS	3-0
MGD	2-1
OSS	2-1
MSS	1-2
LRS	0-4

Current as of Wednesday



'Andro' supplement off limits in new year

By Staff Sgt. C. Todd Lopez
Air Force Print News

WASHINGTON -- Airmen who take androstenedione to increase muscle mass will have to ditch the supplement and just do extra repetitions at the gym.

Under a new law that takes effect Jan. 20, the prohormone androstenedione will be classified as a Schedule III controlled substance. Schedule III substances are those defined by the government as having a potential for abuse. The drug, commonly called "andro," is used by bodybuilders to help build mass, said Col. (Dr.) Vincent F. Carr, the Air Force's chief consultant for internal medicine services.

"Andro includes a number of compounds which altogether are a precursor to the male hormone testosterone," Dr. Carr said. "Folks take this to bulk up their muscles and increase their ability to weight lift and to gain endurance for their exercise programs."

Other drugs listed as Schedule III

substances include the anesthetic ketamine, called "Special K" by the club-goers who use it; testosterone, and forms of codeine and morphine.

Once ingested, Dr. Carr said, androstenedione is converted to testosterone. Testosterone is responsible for developing such male characteristics as muscle size and body hair. For androstenedione to create muscle mass, a user must take it in an amount that also causes side effects that are damaging to his or her health.

"Part of the problem is that if you take large amounts of androstenedione over a long period of time, you have the potential to develop liver disease, liver failure, heart disease, kidney disease and an acceleration of hardening of the arteries," Dr. Carr said. "For ladies, it may block some of the female hormones, so they may experience symptoms such as male-pattern baldness."

Because androstenedione creates artificial levels of testosterone in the body, natural production of the hormone can

reduce. Slowing the normal production of testosterone affects a user's body.

"A male may find that because he doesn't have normal testosterone production, his testicles get smaller," Dr. Carr said.

Use of androstenedione is also known to reduce sperm count in men and to reduce breast size in women. The drug may also have psychological effects.

Androstenedione is found in many bodybuilding supplements that are available in nutrition and fitness stores. But Lt. Col. Ronald L. Blakely, the staff food and drug safety officer for the Army and Air Force Exchange Service, said the products are no longer available in AAFES stores.

On Jan. 20, androstenedione may no longer be legally purchased. It will also be illegal to use the prohormone, even if it was purchased before then. Use, possession, or distribution of androstenedione after Jan. 20 will be a violation of the Uniform Code of Military Justice.